

Wings of Truth.

CONTENTS.

VOL. III. NOVEMBER, 1902. No. 6.

| | PAGE. |
|--|-------|
| THE EDITOR'S STRAIGHT TALK | 303 |
| CULTURE OF PERSONAL MAGNETISM | 311 |
| CHROMOSCOPY, CHROMOSPHERE, PSYCHOLOGY AND SPECTRUM SYNTHESIS | 316 |
| PRACTICAL LESSONS IN THEOSOPHY | 320 |
| PHYSICAL CULTURE | 324 |
| CULTIVATION AND PRACTICE OF MESMERIC POWER | 327 |
| THE LAW OF CONQUEST OVER ENVIRONMENT | 333 |
| OCCULTISM AND SCIENCE | 336 |
| "CARDY MUMS" | 342 |
| ON MY TABLE | 344 |
| SUCCESS VIBRATIONS | 345 |
| SELF-CONSCIOUSNESS | 349 |

"WINGS OF TRUTH."

This Coupon-Insurance-Ticket must not be detached.

£500 will be paid by **The Ocean Accident and Guarantee Corporation, Limited, Chief Office, Nos. 36 to 44, Moorgate Street, London, E.C.**, to the legal personal representative of the *bonâ fide* owner of this Coupon-Insurance-Ticket if such owner shall be killed by an accident within the United Kingdom to any passenger train, public omnibus, tramcar, or four-wheeled or hansom cab (driven by a licensed driver plying for public hire), in which such owner is travelling as an ordinary ticket-bearing or fare-paying passenger, season ticket holder, or trader's ticket holder.

Provided that the above undertaking is subject to the following special conditions, which are of the essence of the contract, viz. :-

(a) That such death result within one month after the accident, (b) that such owner's usual signature shall have been written in ink, in the space provided underneath, before the accident, (c) that notice of the accident be given to the Corporation at its Chief Office in London within seven days after its occurrence, (d) that medical certificates and other information be furnished by the person claiming upon request for the same by the Corporation, and (e) that this Insurance applies only to persons over sixteen years of age, is limited to one Coupon-Insurance-Ticket for each holder, and holds good for the current month of issue only,

This Insurance entitles the holder to the benefit of, and is subject to, the conditions of the "OCEAN ACCIDENT AND GUARANTEE COMPANY, LIMITED, ACT, 1890," Risks Nos. 2 and 3, when they are not incompatible with the special conditions above stated.

The possession of this Coupon-Insurance-Ticket is admitted to be the payment of a premium under Sec. 33 of the Act. A Print of the Act can be seen at the Chief Office of the Corporation.

Month of Issue : November, 1902. Signature.....

£1 WEEKLY FOR LIFE!

Smart Agents wanted everywhere.

You can ALL make money out of "Wings."

Write to "Agency," Dept. W.,

12, St. Stephen's Mansions, Westminster, S.W.

Wings of Truth.

WELTMER'S

MAGAZINE.

\$1.00 a Year, 10 cents a Copy.

Having changed the policy of our Publication, we now have to offer not only the most practical, up-to-date Magazine in the metaphysical field, but one that also embraces topics of current literature, scientific and literary themes, etc.

The initial Article in each number by Prof. Weltmer will be a full synopsis of one of his lectures which sell daily at one dollar each. Therefore, by subscribing for the WELTMER MAGAZINE you will receive Twelve of these Lectures during the year, and obtain a complete symposium of the Weltmer Philosophy.

As a Special Offer to all those who subscribe before October 1st, we will send free, a copy of the Weltmer Lecture, "Intuition," neatly bound in booklet form. This is a strong Lecture, dealing with a subject wholly new, and no reader of this paper should miss the opportunity of obtaining one in this way.

ADDRESS . . .

Weltmer's Publishing Co.,

Dept. G., NEYADA, MO.

Wings of Truth.

Business Notices.

Published on the 1st of each month by

E. MARSH-STILES,

at 12, St. Stephen's Mansions,

Westminster, S.W.

Price 6d., post free 7d. ; or 5/- per annum, post free.

"Wings of Truth."

"Higher and still higher
From the earth thou springest
Like a cloud of fire ;
The deep blue thou wingest,
And singing still dost soar,
And soaring ever singest."—*Shelley*.

—:o:—

Editor's Straight Talk.

I SAID in my last talk that I had given you too much "Brotherhood," but before I go on to other matters in this month's talk, I must first say a little more about the Brotherhood.

By the time this issue is published we shall be back from Canada and the States, and I shall be ready to put my plans into immediate action.

Of course the Brotherhood is intended to be a large organisation, and I hope its list of members will go to all ends of the earth, as WINGS itself does.

It is about time some solid organisation was formed to promote the advancement of the New Thought, of the spiritual side of mankind, and yet successfully linking the two with material benefits for the members.

Union is strength, and the numbers of men and women who, the world through, are tired of the old narrow, bigoted outlook of a

Wings of Truth.

church that preaches love and eternal damnation in the same breath; of a social and economic condition which enables one section of society to slave for a pittance on the works which enable the other section to fatten on the fat of the land (I say "*enables*" with meaning, for if the slave section of humanity understood the laws and realised their right to share in the proceeds of their skilled labour, this condition of things would not exist; these matters rest quite as much in the hands of the worker as of the employer. Naturally there are grades of talent, and the man who has spent years and money on attaining perfection in any one line deserves every penny he makes out of it. But there are many who make their *thousands* out of other men's brains, as well as their labour, and these are the people who make possibly all, or most of the trouble the "*sat upon*" race endures. This race, the "*sat upon*," is big, it is clever, in a way, but it is quite oblivious to its own power, and it has no *wisdom*, only *knowledge*); the laws which compel us to have our children vaccinated—to inject poisonous, putrid filth into their pure young veins; the customs which lead men and women to eat what is really offal, and to condemn certain of their fellow men to a degrading life in the slaughter-houses, all these things want changing; but the change can only be wrought by combined, steadfast and unceasing effort.

Before any change can be accomplished, men and women must be educated to an un-

Wings of Truth.

derstanding of the *laws* which govern these things, and before they can cope with them, they must learn to *use* the laws.

The Apocalyptic Brotherhood is meant to be something more than a society of *mystics*, it is intended to develop and bind together those who are not only *seeking progress*, but who are willing to *work* for it.

The first step really is the *education* and *regeneration* of the individual, for until the individual realises that the power to bring about a different condition of life rests, not with those whom he regards as his oppressors, but with *himself*, not until then can the present order of things be altered.

The Brotherhood aims at helping man to a higher standing in life, to the unfoldment of the GOOD within him, to an intimate knowledge of the laws of nature, and to the betterment of the laws of man.

It will in no way attack individual freedom of thought or expression, for as there is no recognised head, so will there be no recognised standard of thought advocated—the idea is freedom and progress, a pure life, pure food, and a search after infinite truth.

Members can be a law unto themselves, so long as they all strive for betterment of self and the race, and the true way to benefit the race is to raise the standard of the individual. Every man and woman who joins the Brotherhood and honestly strives for progression becomes a centre of attraction in his or her home, brings the members of the family into the movement, and they, again, influence others.

Wings of Truth.

Apart from this organisation of a body of men and women all bent on a quest for THE BEST, *i.e.*, the best in human nature, in the universe, in fact, it matters not one jot what their creed or what their beliefs.

We don't ask them to share our ideas of religion or of the Deity unless they want to, and we should not dream of changing our opinions to please others, though we might, and *have* done so to please ourselves.

No! let each member be an *individual*, and have individual freedom of thought and the expression of life, only try for the BEST, as you each conceive it, and when you've got it, *go one better*.

We unite together in seeking a better state of things than is at present in existence, and in putting an end to the evils which the people have allowed to oppress them for so long.

I am not going to give you the honey consolation of laying the blame on other people's shoulders, when nine hundred and ninety-nine times out of every thousand it is yourselves who are to blame.

To regenerate the individual you must seek education, and education means something more than mere book learning. It means wisdom as differentiated from knowledge; the power to think, to reason, and above all these higher attainments, the power to live happy, healthy and prosperous lives; to know how to develop the finest race of mental and physical beings, in contradistinction to the puny weaklings, the degenerate, diseased miseries who throng

Wings of Truth.

our back streets; the immoral, vulgar, ostentatious men and women who too often are representative of our vaunted aristocracy; the middle classes, who, for want of intelligence and *proper* training, are so much good material sent to waste, who seldom think above a certain plane, who drum along in the same old rut, year in, year out. Yet the future of the English people depends not on the aristocracy, nor so much the lower classes, but on the great and ever increasing middle class of men and women, if they will only recognise the fact.

When I wrote last month's talk I suggested various benefits members would receive in the way of books and lessons at greatly reduced prices; but now I *think* I see my way to extending the list to the everyday necessities of life, such as food and clothing, travelling expenses, etc., so that whatever members require, and almost wherever they go, their membership will bring them special benefits.

Naturally we shall try to make arrangements first of all with tradesmen in London, but shall hope afterwards to extend the privileges to all the big centres. We shall, however, include a postal department (by which means country members can benefit) with the tradesmen who give us their aid. Of course, I can't promise this yet. I've got to tackle the tradesmen; but I think that if a certain number of members agree to patronise certain centres it can be done.

I want my readers to understand clearly that the promoters of the Brotherhood do

Wings of Truth.

not benefit by these arrangements. Goods will be obtained at bed-rock prices for the sole benefit of members, a privilege they could *not* obtain without our help.

I don't think any human being can be helped beyond a certain point, and more than this, I think it's really cruel to do so. You can give a man some wood, nails, and a hammer, and say to him, "Make me a bench"; but it's no sort of use making the bench *for* him and then giving him the *credit*. If he doesn't *know how*, tell him to find out. He wouldn't want you to eat his dinner for him, and the two things pan out about the same.

I consider I've achieved *success*, though I'm setting all I know in action to *spread* that success. But I did it myself. I didn't employ any pig to unearth *my* truffles—not much!

I want to show men how to help themselves; how to crystallise their thoughts and dreams and ambitions into realities. And yet the way is *so* plain—though I'm not saying it's easy. First get your idea, then work it, and work it hard. See what you *ARE*; then glorify that self, and don't be ashamed of your pride in what you are. Don't compromise with self; if you have a kink in your nature, *don't whitewash it*. Trot it out; fight, and overcome it.

I knew a woman who was the biggest liar you could meet in a day's journey, yet she was always boasting how truthful she was, and down on others who were fond of "embroidering" on the truth like a thousand

Wings of Truth.

of bricks. That isn't playing the game, and that isn't the sort of self-glorification I advocate.

All your ability to *be* anything rests in your ability to recognise your power to be it, and to let people know you know it.

It won't do, naturally, to cram it down their throats at every turn; but don't, for the love of all that's good, say, "Oh, yes" (simper), "I do a little of that myself, but" (simper) "my poor little efforts are not worth looking at" (simper). That's pure humbug, when all the time you are thinking how well you do it. No, if you think yourself Real Jam don't be afraid to say so. The world will take you at your own valuation.

The next thing in the programme is to *soar*. Don't stick still when you reach a point you have been striving for, *go on*.

If when you attain a certain thought plane and you see a better one ahead, leave the old one and *go on*. Don't be afraid of changing your opinion, or mind if you are called a turncoat. You want *progression*, and the higher you get on the mountain of the "Law of Thought and Progress," the more you see of the surrounding scenery, and the better you can judge it; and if what you see doesn't suit you, *go on*. Bear in mind *one thing*, however: if you *don't* go on, as sure as shooting, you won't stay where you are. No, honey; you'll just slither back comfortably to your starting place.

My friend, Mary Wing Sheerin, of the *Occult Views and Reviews*, has been writing

Wings of Truth.

on dress in the July number, and Mary doesn't believe in dress. We shan't have time to go to Ohio, or I'd try my best to change her opinion, for I just love dress, and always have, and I think all women ought to. Mary is the dearest, pluckiest, kindest little woman out of *all* the good friends I have across the Herring Pond, but I disagree with her there. "Vanity, thy name is woman," and I'm a woman to the backbone. I love my pretty "frilly-frillies," my silken petticoats, and all the little etceteras dear to the heart of woman. I've got a nice figure, and it looks all the better if prettily gowned. I don't believe in the flat shoed, cotton bloused, uncorseted genus *one bit*, though Mary, to be sure, goes a step further, and advocates a return to the fig leaves and simplicity of our forebears, Adam and Eve. This wouldn't do over here, for our arctic summers would interfere somewhat with the comfort of the proceeding, even if the "man in blue" let us alone—which he wouldn't.

THE SUCCESS CIRCLE.

Having found many would-be circlites unable to join the 9 o'clock circle, I have decided to do away with any fixed hour, and my "circlites" will find the vibrations come to them just as freely, perhaps more so. Hold the belief that you MUST succeed. That by my powerful vibrations I can assist you and INTEND to do so. I charge NOTHING for my treatment. It is free. A PREMIUM to Subscribers, and open to ALL sending in 5/- as a year's subscription (post free) to WINGS OF TRUTH. As single copies cost 6d., or 7d. by post, my offer is worth taking.

Wings of Truth.

Culture of Personal Magnetism.

BARON REICHENBACK discovered, and many other scientists after him corroborated the fact, that a sensitive placed in a dark room could see a magnet emit a blue light at its north pole and a yellow-reddish light at the south pole. If living persons were admitted into the dark room, he could see that the bodies of these persons emitted a blue light at their right side and a yellow-reddish light at their left side. Further, the sensitive will see flame like lights shoot forth from the eyes, the mouth, the nostrils, the ears and the finger tips of each person, varying in length from five inches to several feet. We know what this light means in the magnet. It is that peculiar force which draws or arranges the iron filings when brought near it, in a certain mathematical order. In the human body it holds and sustains the atoms in a perfect order, which means health to the body as long as no undue influences disturb their harmonious section. Every healthy organism generates an abundance of this magnetic fluid, and a trained will can send it out in streams into material objects or other human bodies. If the normal flow in a human body has been disturbed, in other words, if someone is afflicted with disease, a trained healer can send his own magnetic currents into the diseased parts and compel the atoms to re-arrange themselves in their former order, and the magnetic currents of the sick person to flow in their former harmonious curves.

Wings of Truth.

This is a fact to which thousands to-day owe a new lease of life, after they had been given up by the representatives of the "regular schools." I say the "trained healer" can best heal all manner of diseases. An ordinary healthy person can do much, with little or no knowledge of the underlying laws and principles, by the use of his normal or healthy currents. But in order to reach the best results, some training is required. In the first place, you want to learn to husband your forces, and in the second place you must learn to strengthen your WILL. In this lesson we shall try to teach you how to generate and preserve the vital fluid.

In most people it leaks away unobserved. They do not know how to keep it. One who naturally preserves it easily, or one who has learned to keep it, and use it only when needed, can do wonders. He can almost miraculously influence not only the bodies, but also the minds of other men. Such persons possess personal magnetism to that degree that they can influence all with whom they come in contact. They become leaders in society, in politics, in finance, or the professions. We all love to be powerful, beautiful, and attractive. Personal magnetism will make you so. Nervous people (and who is not more or less nervous?) waste their vital fluids more rapidly than they generate them. One great means to restore equilibrium is to go to bed early and rise early. They must avoid dozing off into light slumber in the morning, but get up or keep awake

Wings of Truth.

after waking in the morning, if they do not wake up too early. A half hour's restful sleep after dinner is also advisable wherever a mid-day nap can be taken.

2. Take frequent baths, if only sponge baths.

3. Take a few minutes' deep breathing exercises a number of times each day.

4. Let the sun shine on you as much as possible.

5. Place your bed so your head will point to the north. In that position you will be in line with Mother Earth's flow of magnetic currents.

6. Avoid all sharp, quick, jerky motions, as they are very exhausting. In walking avoid heavy blows on your heels. Avoid rocking in rocking chairs, because rocking requires that certain muscles should be constantly in tension, which is a useless strain on the nervous force. If you are given to moving your legs or feet while sitting, biting your nails, drumming with your fingers, humming and whistling, or any continued monotonous movements of any kind which are unnecessary, stop them, for they are so many means of wasting magnetic force.

7. Try to sit or lie perfectly still. You find that if you try this that your hands, fingers or feet will twitch, or you will feel a creeping, tingling sensation in your limbs or feet, which is a temptation to move these members of your body. If you do move you will spend the nervous force whose gathering or presence causes the sensations. Remember, you want to learn to accumulate and store magnetic force, so do not move. This

Wings of Truth.

may make you sleepy, and if you suffer from sleeplessness you may try it at night and overcome this difficulty at once.

At the same time that you learn to preserve your forces, you may practise the following exercise for generating vital force. Be careful to tense GRADUALLY, as it is the gradual tension of the muscles which generates the force.

Lay perfectly flat on your back without pillow. Inhale air slowly and deeply, and hold breath. While holding, TENSE the muscles of the body SLOWLY and GRADUALLY. Begin by closing the fists, then tense the muscles of your arms, back, loins, legs and feet. When at the greatest intensity, you are in the most possible positive attitude, and any thought sent out at that moment, especially at night, will go on its mission with the GREATEST FORCE AND INTENSITY.

After holding your body tense for as long as you can, relax GRADUALLY, and allow the breath to escape slowly, after you have previously ADDED a short breath to air already in the lungs. Then inhale slowly and deeply again and tense again. Repeat from six to twelve times. Take care not to strain any muscle so as to produce pain.

The presence of a new and mysterious force will make itself felt in various portions of the body, notably the back, limbs and sexual organs, in new and peculiar sensations. You may feel creeping sensations in the limbs which may lead you to MOVE the limbs. If you do, you will spend some of this subtle and powerful vital force in the more or less

Wings of Truth.

uncontrolled muscular effort. Lay PERFECTLY STILL for at least ten to fifteen minutes after your practice and allow the force to permeate your entire system.

Magnetism is the attractive, building, cohesive force. Under its benign vibratory influence the atoms and molecules in the human body group themselves in accordance with the eternal and perfect pattern, which is nature's design. Magnetism, although it may be separated from electricity, is primarily a concomitant element of electrical force. It is generated by electricity in action. The iron core in the electro-magnet will not be magnetic until the electric current plays around it. The air after a thunderstorm is so vital and bracing, because the interchange of electricity has generated a vast amount of magnetism. It is electricity which moves the muscles of the human body; a tension of muscles always calls for electrical activity, which in turn generates magnetism. The bodily tissues of idle people weaken, deteriorate, or become diseased, because they do not exercise their muscles, and therefore fail to generate sufficient magnetic force to keep or build the atoms and molecules in their proper order and connection. It will now be seen why we advise our students to practise the above tensing exercise. The more surplus magnetism you possess, the better and quicker will you be able to cure your own troubles and those of other people.

If I play a sharp note near the piano on my violin, some string in the piano will be affected by the vibrations, and it will

Wings of Truth.

emit a sound. So if you hate anyone, you will call forth the latent hatred in that person. If you love people, you will call forth love. An electrical current will excite the latent electricity in all bodies through which it passes, and so the magnetic current which you send through your patient's body will awaken his latent magnetic forces, which will compel the atoms in the diseased parts to group themselves in their original proper order, and the disease (or disorder) disappears. If, in addition to using the magnetic forces on your patients, you can lead them to exercise their will, faith and expectation, you will be a perfect healer.

DR. P. BRAUN (in *The New Man*).

—:o:—

Chromoscopy, Chromosphere, Psychology and Spectrum Synthesis.

(Copyright strictly preserved in England and America.)

By WILLIAM HEALD.

SECTION II.—DIVISION.

—

CHAPTER FOURTH—*continued*.

PART II.—COLOUR NUMBERS.

P. 41, Ignomy is quite possible in the Sphere of the White. P., 42, a Short and Unhappy Life, the Tomb, scarcely compatible with the Sphere of the Light Blue. P., 43, Religious Ceremonies, a Priest, would come within the range of the Orange Rays, chiefly, though, in connection with Position

Wings of Truth.

and the aspirations of the heart. P., 44, Power, Pomp, Monarchy, could certainly be made to harmonise with the Sphere of the Yellow, giving plenty of play to the Artistic Nature, etc. P., 45, Population; if by population the great unwashed be meant the Sphere of the Black agrees; if, however, the law of population be understood, and it be assumed that there prevails crass ignorance on the matter, certainly again the Sphere of the Black answers "yes." P., 46, Fertility is greatly possible in the Sphere of the White. P., 47, Long and Happy Life, is, undoubtedly a probability under the influences of the Spheres of the Yellow. P., 48, Tribunal, Judgment, Judge; if JUSTICE be really involved in these three expressions, then all are possible in the Sphere of the Yellow. P., 49, Love of Money. If this mean *that* love of money which is said to be the root of all evil, then it has no place in the Sphere of the Violet, and C. would not associate it with 49. P., 50, which is the last I deal with, as afterwards the book associates the tens with the units, repeating what has already been written about the units, is declared to be Pardon, Liberty. As the 50 space in Colour Numbers is occupied by the Dark Blue it does not harmonise with Pardon or Liberty. Fits of the blues do not associate themselves too frequently with the liberty of their victim only to the extent of curtailing same, and instead of pardoning mistakes the Sphere of the Dark Blue causes mistakes to multiply. It will thus be seen that P., 50, and C., 50, are totally different.

Wings of Truth.

It will have been noticed that I have taken each space, and I trust, in an interesting manner ; I have impressed the Colour of that space on the reader's mind to such an extent that in future it will not be a difficult matter to associate each Number with its own Colour, and *vice versâ*. The Black marks 51, and the Dark Green terminates the Colour Numbers Chromoscope.

The readers have now before them all the Colours, all the Letters, and all the Numbers that will need to be considered in the Chromoscopes that will be given and in the deductions that will follow.

CHAPTER FIFTH.

CHROMOSCOPY'S CHROMOSCOPES OF COLOURS, LETTERS, NUMBERS AND SYMBOLS.

The two Colour Devices presented as a supplement to the May number of WINGS OF TRUTH are termed by me "CHROMOSCOPES," merely meaning a Device which is so arranged that it enables you to LOOK at COLOURS. Of course, it is taken for granted, that the looking has to be to some purpose. I do not want my readers to "have eyes and see not," nor yet do I wish them to "see men as trees walking," but I want something of clear vision to be possessed by each that they together may "see face to face." It is said that the "face is the index to the mind," and as it is the Mind, the Soul life, that I wish my readers to see through the COLOURS of a Chromoscope, seeing face to face means much from Chromoscopy's standpoint.

Wings of Truth.

Having already fully explained the two Chromoscopes just referred to, it is to other Chromoscopes, more of a personal character, to which I now call your attention.

With this number are presented two more Chromoscopes. This time we have the Chromoscopes of mother and child. Both mother and child are well known to principal members of the staff of WINGS OF TRUTH, so my deductions may be disproved or authenticated quite easily in the columns devoted to "Editor's Straight Talk."

That the Chromoscopes may be easily followed, it will be as well for readers to have the two Devices of Letters and Numbers printed in a previous article before them.

These Chromoscopes, at a glance, give the COLOURS which Chromoscopy shows about the different lives of the mother and child. It will be noticed how very different these COLOURS are, and the deductions which will follow upon the analysis of these Chromoscopes will enable the intelligent reader to read the differing phases of life that have been experienced by mother and those that will be experienced by child.

It will be observed that the letters are different; take for illustration the "a, b, c," both ODD and EVEN. The mother's are (odd) Dark Blue, Yellow and Dark Red respectively, the child's "a, b, c" (odd) are Royal Blue, Grey and Black respectively. Mother's "a, b, c" (even) are Royal Blue, Grey, Grey, and the child's corresponding letters are Grey, Dark Green and Yellow respectively. It will thus be concluded that even the

Wings of Truth.

same surroundings will affect differently the persons whose COLOUR INFLUENCES are so widely varied.

No two lives are alike. This statement is strongly emphasised by Chromoscopy; but Mental Spectrum Analysis goes further, it indicates how lives so varied in influences are best directed.

For instance, take two children in one family. It is a general idea that they may be and more often than not, are very different and need different training to bring out the BEST possibilities of their nature, and yet, with even our advanced learning, crass ignorance prevails as to the *why* and the *wherefore*, and as to the best methods to adopt under such recognised conditions. When I say that Mental Spectrum Analysis will do for human life what Spectrum Analysis does for organic and inorganic nature, there are many who will appreciate the statement; but will those who are qualified follow up the clue given, and work out conscientiously the possibilities of Chromoscopy to deal with the understanding and the right development of humanity? Time will tell.

(To be continued.)

—:o:—

Practical Lessons in Theosophy.

(Continued.)

IT is now necessary to outline briefly the features of the mental and bliss planes, whose counterparts in the human organisation are represented by the mental and bliss bodies, or perhaps better, the mental and

Wings of Truth.

bliss *aspects* of the whole complicated structure which scientists term the physical body, with its physiological and psychological aspects, and which occultists term the one body of man with its seven aspects.

The mental plane, according to those who are said to have investigated it personally, is so infinitely difficult to render into any language, that at best any attempt at description must be taken as a very imperfect analogy of what can only be realised by the human being, momentarily, under extreme excitement, in fact, as a mental state.

The main characteristics seem to be the exquisite music which becomes manifest to the observer, and the continually changing masses of colour, building themselves into kaleidoscopic forms of the rarest beauty—trees, rivers and fountains of the most exquisite light harmony.

With regard to the bliss plane nothing is definitely stated, but it appears that imperfect and dim reflections of it occur in some people when they are in a highly emotional ecstasy, under the influence of certain forms of music.

It is the devotional love plane, and whether this devotion be applied to a soul, or to art, or to nature, through any particular demonstration, such as a saint, a musician, or a poet may realise, is of little account. Suffice it to say that it is advisable to apply it to something very high and abstract to avoid disillusionment, or it must be borne in mind

Wings of Truth.

that this devotion is rendered possible in its application to a person because there is in everyone the essence of this love, however badly developed and grown over by a wayward and hard exterior; that, further, this exterior must not be confounded with the higher possibilities, nor separated from them entirely for the matter of that; that the higher possibilities must be taken when seen as the flashing through the rude physical body of the divine and eternal in man, and in no case to be expected to continue in all moods.

Having now roughly gone over the immediate life cycle with which we are most closely connected, a time has arrived to look into the cycles of evolution of the cosmos, on which mightily waves the earth-life cycles of individuals are little ripples.

Here again the unsystematised manner in which these ideas are being given becomes apparent. The writer must, however, plead for his apology, that of Aristotle, καὶ μαθήσεως οὐκ ἀπὸ τοῦ πρώτου καὶ τήστου πράγματος ἀρχῆς ἐνίοτε ἀρκετον ἀλλ' ὅθεν ῥᾶστ' ἂν μάθοι (*et doctrina non a primo, ac rei principio aliquando inchoanda est, sed unde quis facilius discat*) "Sometimes, too, learning must start, not from what is really first and with the actual beginning of the thing concerned, but from whence it is easiest to learn."

In the beginning of this epoch in the history of the universe, a centre of force was formed through some unknowable agency. Around this centre the dead matter of past

Wings of Truth.

schemes of evolution began to aggregate, attracted by the unknowable agency.

The matter thus collected followed the law of flocculent precipitates, and as it was attracted began to assume a gyratory movement around the centre.

The condensation caused the evolution of heat, and what is now our solar system was a huge whirling mass of fiery mist, stretching from the sun to the orbit of Neptune. As the contraction proceeded, rings were thrown off and left, which gradually condensed and shortened till they became globes of fiery matter and formed some of the planets which now career round the sun in their orbits, at one time rings of fiery mist.

Other planets were formed by the intense rapidity of rotation of the fiery mist, causing its elongation to an ovoid shape and the eventual detachment of a globe through centrifugal force. In like manner were the moons thrown off by the planets or remained behind as rings, as in the case of Saturn.

Apparently at the fiery mist stage, incandescent hydrogen gas was principally in evidence, the condensation forming at various stages the other elements.

What followed is a mere question of astronomy and geology — the volcanic action, the formation of the rocks, igneous and sedimentary, the fossil remains of extinct creatures—all this may be obtained in detail from the text books. What is of interest here now is the evolution of the races of mankind, and this will be dealt with in the following article.

Wings of Truth.

Physical Culture.—V.

BAR-BELL EXERCISES—PHOTOGRAPHS, ETC.

By J. D. K. COUSTON.

As taught by Mr. C. W. BIGGS,
*Superintendent, Hampstead Public Baths and
Gymnasia.*

VAULTING HORSE EXERCISES (*continued*).

IN continuing our exercises on the vaulting horse be careful to note that the adjustment of the horse is correct and that both ends are at an equal elevation. Next see that the spring-board is in its proper place on one side of the horse, and that the mattresses are well laid on the other side. Then measure off your distance and prepare for

EXERCISE 2.—Starting at an easy pace and with a good stride, gather speed as you approach the spring-board and jump firmly on it, at the same moment placing the hands flat upon the horse. By the aid of the impetus gained spring up and on to horse, alighting with both feet on the horse and with the arms hanging loosely by the side. The next thing to do is to jump off the horse on to the mattress. A simple thing, you will say; yet not so easy is it as you may think. In springing off the horse the arms must be thrown above the head and the back hollowed. Just before alighting upon the mattress the hands should be placed upon the waist, and care should be taken in the method of placing the feet upon the mattress after a vault, it being very necessary to alight upon the toes—which should be turned outward—

Wings of Truth.

and to bend the knees slightly. By so doing a springiness is given to the legs that effectually avoids any noticeable jarring of the body upon reaching the ground. One often hears it stated that a jump shakes one up; just so, but that is because the limbs are kept stiffened. But if my instructions are followed it will be found that all such unpleasant sensations are avoided.

EXERCISE 3.—Before commencing this exercise securely fasten the pummels on to the horse. Once again perform Exercises 1 and 2, and then proceed to this—the third exercise. Run to the spring-board and jump upon it as before, at the same time seizing one pommel with each hand. With the same movement, and aided by the impetus gained from the spring-board, rise up and jump through the hands and alight upon the other side in the method explained in the previous exercise.

EXERCISE 4.—This is very similar indeed to the preceding one, except that instead of jumping through the hands it is necessary to throw the legs outside the hands, and ere alighting throw the head well back, and remember how to touch the ground to avoid jarring.

EXERCISE 5.—This exercise is, in a measure, but a combination of its predecessors, all of which form integral parts in it. The object is to make what is known as a right vault. Approach the horse as usual and place the hands firmly upon the horse, the pummels of which should have been withdrawn. As soon as the hands are

Wings of Truth.

on the horse, throw the legs up and round towards the right, at the same time placing the head over the left shoulder, moving the right hand from the centre of the horse to the left a little. In alighting after the approved fashion the face should be turned towards the horse. To make a left vault the position would be reversed, that is to say, the head would be turned over the right shoulder, the left hand moved a bit towards the right of the horse, whilst the legs would, of course, be carried round the left side of the performer. Always endeavour to keep the legs well together, and where possible maintain a hollow back.

EXERCISE 6.—We will now try to jump over the horse. This is not so difficult as it at first appears. Take a good run, spring well up from the spring-board and throw the arms up, at the same time bending the legs up under you. Be careful to jump well out, and do not fail to alight upon the toes, etc. It is advisable at this point, and indeed, in all future exercises, to get someone to “stand” for you, that is, to be ready to prevent your falling from any cause whatever.

EXERCISE 7.—A hand-spring properly performed is very effective. We will first of all go through it in the easiest manner. Run gently to the horse, place both hands upon it, and endeavour to stand upon your head. In so doing you will get accustomed to throwing the legs straight up. After one or two futile attempts ask your attendant to assist you by pulling your legs over the centre of gravity. Do this a few times, and then

Wings of Truth.

try and perform the exercise in the proper manner, which may be briefly explained as follows: Run sharply to the horse, spring well from the board, place both hands upon the horse, and bending the head down, throw both legs up, and when well above you, bend your head to between your hands, at the same time almost completing a circle with the legs, and throw the body upward and outward in order to assist the legs in their endeavour to reach the mattress first, alighting in the manner previously cited.

EXERCISE 8.—Reverse the horse, that is, place it end on to you instead of broadside. Spring on to the horse on feet as explained in Exercise 2, then sharply drop on to the hands and leap off the horse at its other end, passing the legs outside the hands, much the same as boys do when playing “leap frog.”

(*To be continued.*)

- ——— :o: ———

Cultivation and Practice of Mesmeric Power.

BY FRANK H. RANDALL,

*Author of “Your Mesmeric Forces: How to
Develop Them.”*

PART III.

TRAINING THE NERVOUS SYSTEM.

PROVIDED you give proper care to your body, all energy exercised from your mind *outward* is creative of vitality. Your mind will be the directing power. With every stimulation in this way of any organ, there is a corresponding effect produced in

Wings of Truth.

your whole body generally. Its impression upon your system will be in proportion to the vigour by which it is brought about and the excitement produced. Whatever you decide upon to occupy your mind, so will be the nature of the influence possessing your body. Constant repetition of any idea increases the power of its influence over yourself, makes character, and finally enforces to the performing of the corresponding action.

It will be the particular power that is represented by the idea you entertain that will be strengthened as your influence over others. In the category of these powers may be included virtue or vice, love or hate, courage or fear, strength or feebleness and all the various qualities that human nature includes. By this process then there is a real building into your system of whatever you think or feel. Train your will to guide your thoughts and feelings, and your nerves to readily respond to the power of your will. To do this, regard it as essential that you should have a clear notion of the fact that between human beings—in fact, to be more precise, yourself and others—there exists a peculiarly interchangeable vital dynamic force. Now, remember, magnetic experimenting shows that this force is productive of phenomena of attraction and repulsion similar to, but more subtle than, the power of magnetism that exists between certain physical magnets. Call the subtle force what you will, Vital Magnetism is a very appropriate name. Here, for instance, are some of the terms that have been used by

Wings of Truth.

different exponents—Vital Force, Nervo-Vital Force, Odic Force, Psychoplasm, Psychoplastic Fluid, Magnetism, etc. ; they will convey to your mind something of the exact idea needed. The importance to yourself as a healer, experimenter, or an individual of force of character is to get a notion of your possibilities along these lines.

Let us now consider the influence of stimulants upon the nerves.

Exhaustive Stimulants.—Under this heading we will consider the generative and exhaustive processes.

There is a use in stimulants, but the innocently unenlightened in matters of nerve training are often inclined to hold the notion that a physical stimulant to the nerves is creative of vitality. It is common knowledge, in fact, that among many persons capable of high nerve tension, especially those who pursue psychological and occult matters—a pursuit which from its very nature has a direct and special demand upon mind and nerve powers—the taking of stimulants is a frequent practice. A very thoughtless and often dangerous one.

Stimulants excite vitality to activity, and use it up. They do not generate it. Picture for an instance of this an exhausted horse slowing down in pace from fatigue. He receives a touch of the whip which stimulates him, stirs his already depleting vitality and he trots apace. Again he slows down from increased fatigue. He receives another whip stimulant and once more he trots but with less vigour, until by repetition of effort and

Wings of Truth.

stimulation he drops prostrate. You have in that simple illustration a very good idea of what takes place by stimulation. It is a process of stirring and using up vitality.

Any exciting stimulation of the senses or nerves by external gratification likewise uses up nerve energy. It is the contrary to creative activity with which I shall deal.

The uses, however, of an external stimulant are found where there exists a satiety of energy, energy stored up and lying dormant ; where there exists insufficient self-power then a stimulant may be administered to move the system to vigorous exertion. But this activity again is not creative of vitality, but exhaustive.

Exhaustive stimulation of the nerves, it will be understood, increases the *demand* for vitality. Therefore the more stimulation the greater need for replenishment. Since this is so, unless you are prepared to give yourself due increase of support, you will refrain from taking exhaustive stimulants.

Creative Activity.—Having prepared yourself along the simple lines of giving due exercise and attention to your eyes, hands, breathing, etc., as indicated in previous articles in this journal, your best and strongest method of exciting the vitality of your system into activity is by impulses from your mind. You will then, by a natural and generating activity find yourself as it were, charged with ideas and thoughts of becoming magnetic, and these will soon make you so. Centre now your powers upon the training of your nervous system by, as I have said,

Wings of Truth.

the will-mind process. The scheme of *positive and negative* processes of the nerves will very much help you. Your aim here should be to get to know and understand your nerves by giving attention to their different movements in your body. You will find each movement a power that can be applied in a way that is surprising, a way that has now come to be termed mesmeric or magnetic. To be a really capable mesmerist you will do well, while noticing your nerves, to train and regulate them by thought along lines of conveying your influence to others.

Steadiness of mind is the great factor in replenishing nerve force. For this reason it has long since been customary among advisers in all cases of mental or bodily excitement or fatigue to recommend rest, in fact to induce it. Sleep is of first importance in the more serious cases, and when this is obtained there is a proportionate replenishment of vitality. You may gain and maintain strength of nerves by the three following principles:—

(1) Keep yourself healthily active, mentally, emotionally, and physically; this will keep in movement throughout your system your vital powers.

(2) After due activity, before any heated strain occurs, rest just a while, just to allow the active forces to settle; then when you are quiet, eat and breathe well. This will make provision for any waste in your system and supply you with fuel upon which to work and from which to absorb properties necessary for life.

Wings of Truth.

(3) Sleep, or proportionate rest. This will enable you to absorb into the tissues of your body, your nerves and your brain, the vitality you generate.

These are the three essentials to healthy, vigorous and magnetic body and mind. In fact, if you are feeling depleted of vital power, do for the time as sleek and full people do—eat well, rest well, move steadily, take good rest—you will soon feel replenished; but of all, keep your mind fixed steady and concentrated.

Conserving Energy. — Concentration of mind, combined with a fixity of purpose, is the supreme attitude to be held by all who desire to have the power of accumulating and transmitting energy mesmerically. The coming into contact with different temperaments gives many opportunities for absorbing, accumulating and conserving energy, and should be regarded by all aspirants as necessary. There are always people to be met to whom it is a blessing of health to have attracted from their system some of the unused energy they store. A strong magnetic character is pleasing to them, and will always be able to do the service of energising them. Then there are others who are worth exchanging influences with. Get with people who are good and strong and you will reflect them.

(To be continued.)

"PRACTICAL HYPNOTISM."

Ready in November, 1/-.

A Practical Manual giving ALL the different methods of inducing Hypnosis, as taught by the great French and American Schools, including the teachings of the "Nancy School." Suggestion or Self-Hypnotic Healing.

Wings of Truth.

The Law of Conquest over Environment.

BY W. J. COLVILLE.

THE science of mental healing, which is the science of right thinking, is the science of mental action upon those plastic material elements out of which our outward organisations and all other visible things are made. We all know that the architect's idea must necessarily precede any architectural model which is presented for the consideration of an outward eye. A plan must be mentally photographed before its physical correspondence can be brought into expression and finally made to exist by the builder's or craftsman's skill. We all realise that Herbert Spencer, when he says there is difficulty in realising the immortality of clothing or its existence in a spiritual world, has not gone so deeply into causation as that great student, seer and sage, Emanuel Swedenborg, who distinctly pointed out that the substance of the spiritual world is far more abiding and potential than that of the external world which corresponds to it. Our real bodies, which are spiritual organisations, are far more enduring than these external shapes which only correspond to them. We can produce no material thing whatever unless we first have a clear idea of it and of the use which it is to serve when manufactured.

Plato was indeed right when he exclaimed: "Ideas rule the world." It matters not whether your school of philosophy be inductive or deductive, for whether you be

Wings of Truth.

Aristotelians or Platonists you must all admit that the power of intelligence operates upon all external states, so that not a single article for use can come into existence unless it has previously subsisted in some state or region of intelligence. We are told by philosophers of the newest school of physiology that the human physical structure can be entirely changed in less than a single year; parts of the physical structure can be remodelled in less than thirty days, and those parts of our organisms which take longest to remodel are entirely changed in something over eleven months. In less than twelve months, therefore, an organic structure can be entirely constructed. Older schools of physiologists hold that the body can be entirely reconstructed in seven years, and even if you allow for that longer time it would still be quite unnecessary—were it not for continued perverted mental action or for the innocent holding of wrong thought in our mental receptacles—for any physical condition which is undesirable to remain at the longest for more than seven years. But we know that many people carry to their graves disfigurements which they have suffered from in childhood. We know that ante-natal conditions often follow us through all post-natal days, and that an old woman or old man may still suffer from some ailment handed down from parents or even grandparents. We know that the modern theory known as Atavism distinctly avers that some tendencies from remote ancestors have been handed down to their present posterity, and

Wings of Truth.

therefore in a very large sense, if the children's "teeth are set on edge" it may be because their fathers and forbears have eaten "sour grapes." Many people quote the Decalogue to prove that the sins of parents are visited upon children unto the third and fourth generation, though when they declare this they do not really quote the original sentence as it actually stands. There is no such statement in the Bible standing by itself with a full stop at the end of the clause. There is indeed a statement, "visiting the sins of the fathers upon the children unto the third and fourth generation of them that hate Me, and showing mercy unto thousands of them that love Me and keep My commandments," but there is no statement anywhere that after reverence for God, or respect for Divine Law has actively entered into our life that there is any longer necessary suffering entailed. It is not by any means our purpose to deny self-existing facts, for whatever can be proved or demonstrated must be accepted and faced boldly. We gain nothing by endeavouring to avoid unpleasant circumstances, but to conquer, to triumph, to win victories, to rise superior to conditions, must necessarily be the work of every intelligent and progressive individual.

All reliable astrologers from the time of the most ancient Chaldeans have said, "The wise man rules his stars, the unwise man is ruled by them." Foolish people submit while wise ones conquer. People submit to fate until they realise with Emerson that "man is his own star." Directly people

Wings of Truth.

begin to perceive that they have power within them sufficient to dominate all things, they begin to rise to a higher altitude. Everything must become tributary to the man who knows his own power. Intelligent teachers have long taught that man is a microcosm, and a microcosm is simply a macrocosm writ small, as a macrocosm is only a microcosm writ large. The boundless universe around us has its parallel, its counterpart within us. Fire, air, water, earth, are all in man as truly as in that outer world in which man finds himself a sojourner. All the properties of mineral, vegetable and animal which man can analyse and dissect in the kingdoms of nature below and around him are contained within himself. The great secret is how to conquer within, that which we have ultimately to subdue in our environment. We begin entirely at the wrong end if ever we endeavour to control outside forces, but leave ungoverned our own impulses and appetites. If we do not gain sway over our own passions we cannot reasonably expect to subdue that correspondence to those passions which is external to ourselves.

(To be continued.)

—:o:—

Occultism and Science.

THE ELECTRO-MAGNETIC THEORY OF LIGHT AND HEAT.

IN the early days of modern science it was found necessary to postulate a medium to account for the phenomenon of the transmission of light across vacuous spaces,

Wings of Truth.

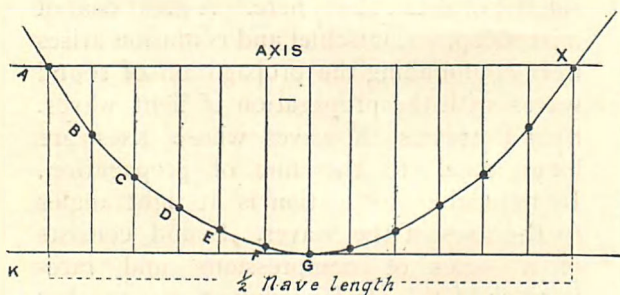
resulting in the so-called luminiferous or light carrying hypothesis of ether. As is well known, light travels in waves transverse to the line of propagation. At first these waves were assumed to be mere mechanical motions of the ether, but in 1867, Clerk Maxwell put forward what may be considered the greatest scientific discovery of the 19th century—that these undulations of the ether are electro - magnetic, the oscillating electrical displacements being accompanied by oscillating magnetic fields at right angles to them, whilst the direction of propagation of the waves is at right angles to both.

An electric movement produces in all cases the building up of a magnetic field at right angles to that movement. For the sake of simplicity the electrical wave will be considered in detail alone here. A great deal of misconception, mischief and confusion arises from confounding the propagation of sound waves with the propagation of light waves. Sound travels in waves whose axes are longitudinal to the line of propagation. In light the propagation is at right angles to the axes of the waves. Sound consists of a series of compressions and rarefactions of the air following on one another with a definite frequency. To take an example, if two persons hold a rope taut and one gives a series of sharp longitudinal pulls, the other person will receive those impulses in the mode of a *sound vibration*. If, however, the transmitting person holds the rope less tightly and gives a sharp downward jerk to the rope, a kink will be seen to

Wings of Truth.

travel along the rope, reaching the receiving person in the mode of a light *vibration or wave*.

Now if one considers a white hot atom elongating with enormous frequency, or, for simplicity, moving with great rapidity in a limited field backwards and forwards, it can be conceived that this atom will produce a "pull" on the ether in the direction it is travelling, the immense rapidity of the motion setting up a certain amount of strain in the ether. When the atom reverses the ether strain will also be reversed, the maximum strain in the ether, however, arriving at its maximum slightly after the atom has reversed. This strain set up in a comparatively frictionless medium transfers its strain to the next layer of ether, and so the



electro-wave is set up. Diagrammatically, if from A to K is half the path of the vibration or movement of the atom (half the amplitude of the vibration) when the initial strain is travelling from A down towards K, the start of the initial strain in the B K layer will be a little later, that is to say the rate of movement of the initial strain will follow the

Wings of Truth.

initial strain in A B by a very small amount, so the initial strain in the D layer will follow that in the C layer, till at G the initial strain will be in exact opposition to the vibration of the atom. Having attained the amplitude of the wave it will then reverse, till at X the atom movement and the strain are again in phase. From K to G is a quarter-wave length, and from K to X a half-wave length of light.

ELECTRO-CHEMISTRY.

Perhaps under the heading of this branch of electrical research will be made the greatest discoveries of the future. The possibilities in this field are immense. With J. J. Thomson's and lately Lord Kelvin's electron hypotheses, even the most materialistic are almost forced to confess that such things as the philosopher's stone and the elixir of life or approximations to them may not be altogether such ridiculous ideas to the modern scientist as they appear to us to have been to the mediæval alchemist.

If "electrons" can be isolated, if they are the "root" of matter, and in certain combinations form the different substances we call clay or timber, copper or platinum, may it not be considered as possible, nay, even probable, that some future man may arise who shall hit upon, quite accidentally, the method of combining "electrons" to form whatever substance he likes?

Another case may be taken. Glance for one moment at the singularly suggestive arrangement of the chemical elements in Mendelieff's chemical tables. Note that there are seven groups, two of which are

Wings of Truth.

single groups containing seven elements, five of which are double groups containing fourteen elements, that is to say, more correctly, which *should* contain seven or fourteen elements respectively, for not all the elements have yet been discovered in the earth.

These seven groups are arranged symmetrically as regards chemical properties, atomic weights and electrical qualities. Thus in the first longitudinal grouping, starting with lithium, which is strongly electro-positive, we reach the fourth or middle point in carbon, which may be considered as comparatively neutral, and end with fluorine, intensely electro-negative. With the double tables the electrical properties are all positive in the first half of the table, all negative in the second half in regular gradations. Further on, glancing down the transverse arrangement, we find lithium followed by magnesium, then potassium, then sodium, and so on, the chemical properties of these metals being very similar, and forming a regular descending scale, or, as it might be, gradually getting denser and more complicated in their structure.

Lastly there is the "hospital for incurables," the eighth transverse group. Certain intensely magnetic and from all points eccentrically behaving metals such as iron and platinum will have nothing to do with the seven times seven table, and form a set of their own, distinct in every way, and unless placed in a group by themselves, marring the exquisite symmetry of arrangement of the others.

Wings of Truth.

Now, viewed from the standpoint of the occultist or the imaginative, there is an intense significance in this, for here the scientific discoveries seem to be leading straight to one of the strangest theories of occultism, the eighth sphere — in one aspect the slaughter-house or annihilation department of nature, in its other aspect the foreshadowing of what will be the law of the next scheme of evolution. Both, perhaps, right!

One more illustration. Sound, or sound treated as vibration, and its laws, is said by the occultist to rule the world. Look at the spectrum of the elements. Each spectrum consists of a series of lines at intervals corresponding to the absorption of a light of a certain rate of vibration, signifying in these the rates at which it is possible for the atom to vibrate. Note well that these lines are spaced in a *definite numerically harmonic ratio* to one another, that they form a chord. Look further and see the formation of shells; the spiral arrangements of leaves on their stems. It appears that they are all harmonic in their spacing and could be played on a musical instrument. Finally, note the spacing of the planets from sun and obtain the chord of the solar system, one of the fundamental notes of the universe with its upper partials.

It has been necessary in the foregoing descriptions to go into a certain amount of comparatively uninteresting detail in order to gain a grasp and insight into the subject, and it is hoped the reader will make allowance for this.

Wings of Truth.

To treat the subject "popularly" would mean merely to give an outline of the various effects produced by electricity with insufficient explanations, which would simply be going over the work of abler men and leaving the reader as far off *learning* as ever.

—:o:—

"Cardy Mums."

(Copyright.)

CHAPTER III.

(BY O HASHINU HARA.)

Devoted to the separate meanings attached to the ordinary playing cards when used for the purpose of divination, with some combinations.

METHOD VI.—continued.

FOR those who are not astrologers it may be mentioned that the application of picture cards (in the order given) to the different "houses" is singularly appropriate.

The numbers 1, 4, 7 and 10 are called angles, and are the strongest positions in a horoscope.

The numbers 2, 5, 8 and 11 are called succedent, and are much weaker.

The numbers 3, 6, 9 and 12 are cadent, or weakest of all.

Now the kings are applied to the angular houses; they signify strength, manhood, virility.

The queens to the succedent houses; they represent the weaker vessel, they are the passive voice.

The knaves, lowest value of all, are applied to the cadent houses.

Wings of Truth.

Further details on this subject would be out of place in this work.

METHOD VII.

The cards, duly shuffled and cut, are laid upon the table, the querent withdraws seven cards, which are again shuffled and cut, the artist then taking the three top cards and throwing the remainder upon one side.

This is repeated until twenty-four cards are laid upon the table.

The artist then arranges them in five rows composed of four quinarys (five cards), with a tetrad (four cards) for the basis and key.

The following numbers show how they should be arranged :—

| | | | | | |
|------|----|----|----|----|---------------|
| I | 2 | 3 | 4 | 5 | |
| 6 | 7 | 8 | 9 | 10 | |
| 11 | 12 | 13 | 14 | 15 | SIGNIFICATOR. |
| 16 | 17 | 18 | 19 | 20 | |
| KEY. | 21 | 22 | 23 | 24 | |

The cards are then read from one to twenty inclusive, interpreting the meanings with the key cards, 21, 22, 23, 24.

They are then read in pairs, one and twenty, and so on, interpreting each meaning as it comes up with the key and its relation to significator. This is for the past.

Now take five and sixteen, four and seventeen, and so on, interpreting as before. This is for the present.

Now take the cards from one to sixteen, that is to say, one, six, eleven, sixteen, and from five to twenty, that is to say, five, ten, fifteen, twenty. These cards govern the future.

Wings of Truth.

Here is an example of the method:—

A fair man living in the country seeks advice, and the king of hearts is duly chosen as his significator.

The cards were laid out in the following order:—From one to five inclusive, king of diamonds, jack of spades and queen of hearts—a meeting of friends to discuss business—ten of hearts and seven of hearts (R)—they arrive at an honourable decision.

From six to ten:—Seven of clubs and nine of clubs (R)—loss of money—with obstacles and delays to the house occasioned by a lady of title—nine of diamonds (R), ten of clubs and queen of diamonds (R). This shows that the discussion was about financial difficulties into which the querent had fallen. Glancing at the key cards we see the problem is to be solved satisfactorily. Six of diamonds, two of diamonds, nine of hearts and eight of diamonds.

(To be continued.)

—:o:—

On My Table.

THE SYMPHONY OF LIFE (Henry Wood; cloth, 5/-; 302 pp.; Lee and Shepard, publishers, 202, Devonshire Street, Boston, U.S.A.).—The writings of Henry Wood are known throughout America and, I think, largely in England. Some of his works have run through many editions, but very few have so much taken my fancy as this present volume of essays, which contains so much that is useful to those who are striving for the truths the New Thought teaches. Henry Wood clothes these thoughts of his in the most beautiful language, and the book is one to be read, and read again. Even I, blasé with reading the never ceasing output of works on these subjects which find their way to my table for review, can dwell with pleasure on these

Wings of Truth.

pages, and I advise those of my readers who want a treat to get an International money order for 5s. from the nearest post office and send to Boston for it at once.

Magazines Received.—ADEPT (August), Marksville, U.S.A.; THE PATHFINDER (August), Colorado, U.S.A.; FREEDOM, Sea Breeze, Florida, U.S.A.; MAGAZINE OF MYSTERIES (August), New York, U.S.A.; EXPRESSION (August), London; NEW THOUGHT, Chicago; OUR HOME RIGHTS (August), Boston, U.S.A.; THE NAUTILUS (August); MIND; THE OCCULT AND BIOLOGICAL REVIEW; LITERARY LIFE, New York, and others. Reviews of same crowded out—better luck next time.

—:o:—

Success Vibrations.

“WHAT force least expected does the greatest damage to buildings? is the question which a representative of the Indianapolis *News* asked a well known architect. The architect's answer may be a surprise to those who do not understand that it is the regularity of vibration that makes it powerful. It is difficult to tell, replied the architect, but I will venture to say that you would never expect violin playing to injure the walls of a building. Yet it certainly does. There have been instances when the walls of stone and brick structures have been seriously damaged by vibrations from a violin. Of course these cases are unusual, but the facts are established. The vibrations of a violin are really serious in their unseen, unbounded force, and when they come with regularity they exercise an influence upon structures of brick, stone or iron. Of course it takes continuous playing for many years to loosen masonry or to make iron brittle, but it will do it in time. I have

Wings of Truth.

often thought of what the result might be if a man would stand at the bottom of a nineteen storey light well, on the first floor of the great Masonic Temple, in Chicago, and play there continuously. The result could be more easily seen there than almost anywhere else, because the vibration gathers force as its sweeps upward. A man can feel the vibrations of a violin on an ironclad ocean vessel, and at the same time be unable to hear the music. It is the regularity which means so much. Like the constant dripping of water which wears away a stone, the incessant vibration of the violin makes its way to the walls and attacks their solidity.”
—*Youth's Companion*.

Are you hedged and limited by walls of circumstance? Then repeat your vibrations until they give way.

Thoughts and words are vibrations. Breathing is vibration. *Combine them to the same regular time*, and repeat until they change things. Take full, even breaths, expanding the chest in *all* directions; and with each inhalation affirm I AM, hold the breath a moment, and with the exhalation affirm *the thing you want*—Love, Wisdom, Health, Success—any *one* thing at a time. Take I AM with the inhalation; hold a moment; sound WHOLE with the exhalation—mentally. Do it easily, freely, rhythmically, and keep at it. Fifty to a hundred such breaths and affirmations *every day*, standing *straight* before an open window, will *accomplish* something. The walls of your discontent will crumble and leave you free.

Wings of Truth.

Anything desirable can be accomplished in this way if you only *keep at it*. It takes years for the violin vibrations to weaken walls of stone and mortar. It *might* take years for the vibrations of your breath and words to shatter the walls of your circumstances, but the probabilities are that it would take only months, or weeks, or even days to do it. It all depends, first, on the solidity of those walls, and second, upon the *vim and persistence of your vibrations*.

Of this rest assured: "*There is NO THING thou canst not overcome*" by *persistent rhythmic vibrations*.—*The Nautilus*.

—:o:—

Educational Value of Hypnotism.

EDUCATION is a subject which will of necessity always be one of the most important problems with which man must deal. There is no place where a progressive spirit is more necessary than in educational work. This spirit is shown in an article in "Harper's Monthly," on the "Educational Value of Hypnotism," by John D. Quackenbos, of Columbia College.

Speaking of the power of suggestion he says: "Potential is converted into actual energy, and the hypnotised subject delights in the consciousness of awakened susceptibility and command. Differences induced by objective education are obliterated, and the fundamental endowments of that finer spiritual organ in which under God we have our highest being—endowments conferred by Deity on all human souls without favour and

Wings of Truth.

without stint—dominate the intellectual life. The divine image is supreme in the man, and creative communication on the broadest lines and the most exalted planes becomes possible. Hypnotic suggestion is but inspiration.”

Hypnotic suggestion judiciously used secures the output of faculties inherent in the nature of the subject. It is a means of releasing the mind from the dead weights which have been holding it back and preventing it from doing its best. In using hypnotic suggestion as an instrument of education we must consider the character of the operator. The subject not only shares the latent knowledge, but also borrows the mental tone of the operator.

“To accomplish his part in the work of intellectual uplift, the hypnotiser must be a person of liberal education, broad views, and pronounced literary and scientific convictions. He must be a sincere believer in his own suggestions. Mental reservation is fatal. Nebular knowledge is of little avail. Tact, patience, and erudition are the three factors indispensable to success.”

The writer has experimented with backward and erratic children, disequilibrium, voice culture, the development of musical talent, and the inspiration of writers and actresses. He says hypnotism is the philosophical treatment for many cases where other methods have been unavailing. One boy who is very cowardly, is made courageous by hypnotic suggestion. Another who was utterly incorrigible, became obedient,

Wings of Truth.

kind, and studious. In other instances no trouble has been experienced in awakening slumbering affections, creating a desire for knowledge, inspiring a respect for elders and parents. One-sided persons, where one group of faculties are developed at the expense of the other faculties may be cured by appropriate hypnotic suggestion. Increased power of attention and concentration are also given by this means.

These results are not obtained instantaneously. "Hypnotism in such cases is of the nature of an education, it must be persisted in for months, until the desired trend is given permanently to the mental and moral energies."

—:~:—

Self-Consciousness.

AN AUTOBIOGRAPHICAL SKETCH.

IN answer to a request from a subscriber, I am going to try to show you how to overcome that bugbear, self-consciousness; and by that I don't mean only the kind that doesn't know where to put its feet and hands, or what to say when spoken to, but the kind that shrivels up like a dried mushroom at the time when it ought to be swollen out with self-assertion.

I'm not exactly talking through my hat, either, when I set out to tell *how* to overcome it, for of all the self-conscious, shy, gol darn little fools it was the misfortune of mortal to be—well, "that's me"—or, to be strictly accurate, that *was* me.

Wings of Truth.

Example is better than precept—so the copy books tell us—and as I've overcome myself I guess a leaf or two out of my book may help you some—better, perhaps, than an outside article, for it's all truth, and it shows what *can* be done.

Where to begin? Well, I reckon I started life with as big obstacles in my path as child ever had. Knocked about, on the principle of that old, time worn adage about bending the youthful twig, though to this day it's a real consolation to me that with all their efforts they neither broke nor bent me—my hand against every man, every man's hand against me.

Neither correction in the form of the hard and heavy hand of the pater vigorously applied to a certain portion of my anatomy, nor his riding crop, nor his desk strap, nor copying lines, nor going to bed, nor bread and water meals, nor even that dreary old chapter on Ananias and Sapphira (added as a relish to the rest when I told lies—which was pretty often), could bend me anything like they wanted.

They made me shy, frightened, self-conscious and deceitful; they planted an ardent desire in my breast to really merit the term, "limb of Satan," which was the usual way I was alluded to, and I came to the conclusion that Satan was a great deal nicer than God, anyway—for, be it known, it wasn't Satan, but God, who punished me, *via* my parents, for all my misdeeds.

I didn't believe in God, least of all did I believe in Ananias and Sapphira, and I

Wings of Truth.

couldn't see much fun in a Being who was supposed to be all love, yet who took so much unnecessary trouble to oppress one small girl. Oh, how much better I loved my mythical fairies—though I know now they were not so entirely make-believe, after all; how much better I loved my flowers, the sky, with its rolling clouds; anything, everything, than I loved God and my parents.

I had always responsibilities; an invalid mother rendered it necessary for me to undertake all the housekeeping long before I was in my teens, and I could look after a house, cook a dinner, and all the rest of it, many years before I could wear long skirts.

Education never troubled me; the pater was a surgeon, a clever man, but extravagant, and opulence never touched him, so I was just dragged up, gleaning all I knew from the newspapers and the pater's books. Mother's literature consisted chiefly of the *Family Herald* and Ouida, and they didn't appeal to me, though I remember crying over poor Cigarette, in "Under Two Flags"—I read that because I was told not to, needless to say.

Then the mater died, and two years afterwards the pater and we four kids were shipped out to the Cape, to an unknown grandfather and unheard of relations.

I hated it, loathed it, and instead of expanding and growing civilised I grew more and more self-conscious, more awkward, more shy and reserved. I hated the Cape and the people more than I hated the old life.

Wings of Truth.

It was all a prison: if you went out of doors your sky line was bounded by the mountain, a grey jailer on the one side, and by the ever restless, "beautiful, bounding, beastly old sea," as Barry calls it in the "Country Girl," on the other. If I read a book I was "idling," and I was supposed to be only well employed when sewing flannel shirts for the "heathen"—who didn't want them. If I went out alone I was expected to say where I was going, and when I came back to describe all I had done. I was told how ugly, stupid and awkward I was a hundred times a day, how big my nose was, that my waist was too small, and so on. If I went to the piano my cousin fled—not such bad judgment on her part, I'll admit; but she needn't have hurt my feelings over it.

Then there was the dreary, sickening round; afternoon calls, garden parties, dinner, dance; dance, dinner, garden party, afternoon calls,—not a thought beyond the latest scandal, or the fashion plates, or cricket—so they live in South Africa, with views as cramped as the outlook. Yes, I know the scenery is glorious, but its like a prison all the same. From one side to the other, from Sea Point to Simon's Town the mountain frowns down, and its green slopes smile just as if they were the gilded bars of the cage.

Then I got sicker and sicker, and at last my thoughts rose up and called me coward. Why did I stand it? Why not go back to England? Other women fought their battles, stood alone; why should I waste my life in misery?

Wings of Truth.

Then negative thoughts crowded in—"six thousand miles of sea, nothing the other end to depend on—perhaps hunger and want." Up came my positive thoughts again—"But freedom," they cried, "freedom to go and come, no one to nag you, none to misunderstand; freedom to think and act, to live and die as you please." "What can you do?" cried the negative thoughts; "how can you earn a living? You can't do anything properly except cook, and you don't want to do that; you can't play the piano, your needlework is vile. You are dreams, all dreams!"

"Bah!" said the positive side, "what does that matter? I will learn, I can draw, I can write. I will educate myself, and I WILL go"; and I did.

I got the necessary cash together, saved some, borrowed the rest. I didn't tell anybody I was going, because I knew they would stop me, and I took my passage to England. I left home, got off to the boat, and not till the engines were throbbing beneath me did my knees cease to shake, or my heart to beat wildly—in fear and trembling, yet with iron determination. I had left all my enemies behind—I was alone, I was free, and I was glad, glad, glad (afterwards I was seasick).

(To be continued.)

"FRUIT AND NUT DIET."

Practical Hints upon a Natural Diet.

By O HASHNU HARA, giving quantities and full directions for the daily Meal. 1½d., post free.

Wings of Truth.

We wish every reader of "Wings of Truth" to become acquainted with

"ELTKA"

Edited by H. C. WRIGHT.

A monthly magazine devoted to Science, Philosophy, and Religion; advocating the Harmonious Development of man's three-fold nature—Physical, Mental, and Spiritual. Of especial importance to all who are interested in

PSYCHICAL RESEARCH.

A Six Months' Trial Subscription for 25 cents.

THE WRIGHT CO., Publishers,

115, Marion Street,

CORRY, PA., U.S.A.

MARRIAGE AND MORALITY.

The Book
YOU want.

By **Dr. PAUL EDWARDS.**

The world over traveller and exponent of health (well known in London),

PRICE 50 CENTS.

THE MENTAL ADVOCATE.

Dr. Paul Edwards, Editor and Publisher.

A PRACTICAL Health Paper. Tells just how to get well, and keep well WITHOUT DRUGS. \$1.00 Yearly. Marriage and Morality and The Mental Advocate.

One year both for \$1.00.

DR. PAUL EDWARDS,

Dept. W., 155, WEST 46th ST., NEW YORK CITY